

Toad Suck Tri Fest July 23, 2017 Presented By: Caldwell Toyota.

Welcome to the Toad Suck Tri Fest. We hope you enjoy the race and look forward to seeing you at the finish Line! This guide contains pertinent info. Taking the time to review and digest this info will help to reduce stress, help you to be informed and improve your overall experience. Remember it is your race, be informed!

Race Start Times: July 23, 2017 - 7:00am

- CATS Sprint Triathlon
- Toad Suck Tri / Open Water Swim
- Duathlon

How to get to Lake Beaverfork: Here is a link to map showing the **Race Site location:**

<https://maps.google.com/maps?q=20+Kinley+Dr,+Conway,+AR++72032&oe=utf-8&client=firefox-a&hnear=20+Kinley+Dr,+Conway,+Faulkner,+Arkansas+72032&gl=us&t=h&z=16>

Packet Pick up Info:

Only the Racers can pick up their own race packet. Remember you must have photo ID with you to pick up your packet. If you are an annual USAT member you must also have your card.

Teams: All team members must check in prior to the race packet being released.

Packet Pick Up times:

- Saturday July 22, 3:00pm - 6:00pm at Caldwell Toyota
 - 1355 Exchange Ave Conway, AR 72032 (501)-722-4180
 - Get Direction from your location to Caldwell Toyota here.
 - <http://www.caldwell-toyota.com/dealership/directions.htm?tost=true>
- Sunday July 23, 5:00am - 6:30am at Lake Beaverfork Park - Race Site.

Chip Timing: This is a chip timed event. Chips to be picked will be on race morning.

General Items:

- I-pod and other personal listening devices: For your safety, during the event, I-pods and other types of personal listening devices are not permitted. Use of such Items can result in a penalty or DQ.
- Helmets: Helmets are required to be on and buckled at all times while you are on your bike at race site.
- Bar ends: Be sure your handle bare ends are plugged. This is a safety item that will be checked prior to you being allowed into transition.

Results:

Results are normally posted to our website within 24 hours of the completion of the event. www.DLTevents.com

Athlete Pre Race Meetings

- For ALL events on Sunday July 23, 2017 there will be a prerace briefing at 6:30am at the finish line area.

- On site pre race briefing: It is the Athletes responsibility to be sure they know the details of any potential changes to course or the logistics of the race. Attending the pre race meeting is not mandatory, however any changes to the race schedule or other information will be discussed at this time.

Transition: Transition is located at Lake Beaverfork Park:

Note: The transition area is moving from the Pavilion parking lot to the grass field just above the boat ramp. Here is a over map of the lay out for the event.

https://drive.google.com/open?id=1gf_fZe00A-IQtgMbx-04w3HVwbw&usp=sharing

- There will be designated racks for those racing in the Toad Suck and for those racing in the CATS Sprint. Please rack in the proper area. We will be checking and will require you to move if you're in the wrong section.
- Transition opens at 5:15am on July 23, 2017
- All Bikes are to be racked by 6:45am.
- Who is allowed in Transition: Only athletes and Race officials are allowed in transition. The only exception to this is for Physically Challenged Athletes who may need assistant with their gear.
- Post race, please do not ask to remove your bikes from transition until we state that it is open, to do so could result in a DQ. Once the last cyclists returns from the course we will open transition.

Course Maps:

- All course maps are available on our website here:
 - <http://www.dltnmultisport.com/about-dlt/dlt-event-policy-statements.html>

Swim Course:

Water temp to be posted on our Facebook page by Saturday Morning: <https://www.facebook.com/DLTevents>

- 1500 Meters - Toad Suck Tri / Open Water Swim - 2 Lap clockwise course
- 500 Yards - CATS Sprint Tri - 1 lap clockwise course

These both will be knee deep in water starts. The Swim exit is on a concrete boat ramp with about a 150 yard jog to transition.

Water temp will be announced at packet pick up, however, with the weather conditions that are expected, this will **most likely be a no wet suits** swim. Wet suits will be permitted if the water temp is up to and including a temperature of 78 degrees Fahrenheit. If the water temp is above 78 degrees Fahrenheit wet suits will not be allowed.

All Clydesdale and Athena's will start in their respective age group wave. Final wave breakdown will be announced at packet pick up on Saturday evening. Below is the anticipated break down of the Waves for the start. But this may change slightly based on the final registration counts.

2017 Projected Wave Assignments - Note these could change slightly based on final Registration numbers. Final wave assignment will be announced on race morning.

Wave #	Age Groups	Start Time
1	Men 39 and under CATS Sprint Tri	7:00am
2	Duathlon	7:01am
3	Men 40+ Cats Sprint Tri	7:03am
4	All Women & Relay Teams - CATS Sprint Tri	7:06am
5	All Olympic Distance Tri, Open water swim, Relay team	7:09am

Bike Course: Helmets are required to be on and buckled at all time while on your bike.

Toad Suck: Tri

- 40 Kilometers. Out and Back configuration.
- No Aid Stations.

CATS Sprint Tri and DU

- 15 Miles. Out and Back configuration.
- No Aid Stations.

Run Course :

- Toad Suck Tri: One lap out and back configuration . 5.9 miles with a couple little hills.
- CATS Sprint Tri: one lap out and back configuration. 3.1 Miles with a few little hills.
- Duathlon: 1st run is 2 miles, This goes to mile one and turns around. Second run is 3.1 mile using the full Sprint tri run course.

Finish Line and Post race area: Lake Beaverfork Park.

- Finish Line is adjacent to the Transition Area
- Post race chow will be items from the grill, baked beans, fruit, cookies and more.

Aid Stations:

- Transition Aid Station : You will be able to access this after the Swim as well as when you go out onto the run.

Aid Stations on the Run Course:

- Aid Stations for Toad Suck and Cats Sprint will be roughly 1 mile apart.
 - All Aid Stations to have: Water, Sports Drink (Gatorade).

General Notes:

Race Course knowledge: Maps are available on our web site for the race courses. As an athlete it is incumbent upon you to review the course descriptions and course maps. Ultimately as per USAT rules it is your responsibility to know and to complete the correct course. We provide signs and directional arrows for you to follow. Volunteers are there to assist you, not to provide course information.

On course bike mechanics: We will have a Mechanic on the course, but remember receiving assistance from them will remove you from racing and after that assistance you are just getting back and will be shown as a DNF in the results. This individual also acts as Sag and can bring you in if your bike is not repairable. As an athlete you should be prepared to handle minor repairs by yourself. Given the distances it could take up to 30 minutes or perhaps more for the mechanic to reach you.

On course Law Enforcement: Their primary function is to manage vehicular traffic and cope with emergency situations that may arise. They are not there to assist you with bike repairs or other matters outside of their primary function.

USAT Rules: The USAT competitive rules will be enforced. We will go over the most commonly violated rules during the Pre race meeting as well as include a listing in with you race packet. As a competitor in the event it is your responsibility to know and follow these rules. The penalty for USAT rule violations can range from a time penalty to disqualification. If you are unsure ask the USAT Official onsite. USAT competitive rules can be reviewed here: [USAT Competitive Rule Book](#)

The Bike Course turn around for the CATS Sprint Tri is at 7.4 mile into the Toad Suck Bike Course. The Toad Suck Olympic Distance Racers will roll past the Sprint turn around and to their own turn around at 12.55 miles. It is anticipated that there will be some CATS Sprint Tri racers making their Turnaround while Toad Suck racers are on the course. If this occurs we ask the Competitors to be courteous to each other and to be mindful as you approach the Sprint Tri turnaround as well as you approach slower racers on the course.

Sprint Racers be mindful as you make your turnaround for the Racers coming by from the international distance race.

Weather Policy:

Please take a moment to review our standard weather policy. If there is a weather or other situation beyond our control that occurs, we will follow this <http://www.dlmultisport.com/about-dlt/dlt-event-policy-statements.html>

If you have questions about the race itself the event website will most likely have the answer: www.DLTevents.com

If you still have race questions contact me at 870 403 2790. This is my cell phone, I ask you use this as a last resort.

Fred Phillips

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